

13. Breastfeeding: (Ask only if TIPs child is below 6 months otherwise skip item 13. and go to item 14.)

- a) Breastfeeding: What does the mother feed the child soon after birth?
.....
- b) Does the mother give colostrums: ☐ YES. ☐ NO.
- c) How often is the child breastfed during 24 hours:time
- d) How does the mother know when the child has taken enough breast milk?:
.....
- e) At what age does the mother start giving water, or local herbs to the child; and why?:
- (i) **Water:** Aged..... months Reasons:
- (ii) **Rice/porridge (specify other ingredients):**.....

Age:months Reasons:.....
- (iii) **Other Foods (Specify ingredients) :**
.....

Age:months Reasons:.....
- (iv) **Local Herbs and Others (Specify):**
.....

Age:months Reasons:.....

14. Complementary Feeding: (Ask only if TIPs child is above 6 months otherwise skip item 14. and go to item 15.)

- a) When does the mother start giving rice or porridge to the child; and why?:
Age:months Reasons:
.....
- b) **Ingredients Normally Used to Make Complementary Foods:** When making rice porridge, chewed rice or any other special foods for the very small baby.

Type of Complementary Food (Main Ingredient)	Ingredients Usually or Often Added to the Main Ingredient (Please Tick ✓)							No. of Times Child is Fed Per Day	No. of Times Mother Prepares Food Per Day	Weekly Frequency of Giving		Remarks (if any)
	Salt	Sugar	Oil	Veg. *	Fish	Egg	Others (Specify)			Flesh Foods	Fruits	
1. Rice (Porridge)								t/d	t/d	t/w	t/w	
2. Rice (Chewed)												
3. Others (specify) :												

* Veg. = green leafy vegetables

- c) Who usually feeds complementary food to the child? (*please tick ✓*)
- d) ☐ Mother. ☐ Grandmother. ☐ Others (*specify*):
- e) Age at which mother starts giving fruits, leafy vegetables fish, eggs, peanuts, meat, sweet potatoes, taro, pumpkins, etc. to the child; and why?

Type of Food	Age when Mother starts giving the food to Child	Reasons Why	How does Mother Make the Food Suitable and Easy For the Child to Eat			
			Nothing (Tick ✓)	Chew Food (Tick ✓)	Mash Food (Tick ✓)	Others (Specify)
1. Green leafy vegetables	Age:.....months					
2. Fish	Age:.....months					
3. Eggs	Age:.....months					
4. Peanuts	Age:.....months					
5. Meat	Age:.....months					
6. Sweet potatoes	Age:.....months					
7. Taro	Age:.....months					
8. Pumpkins	Age:.....months					
9. Fruits (<i>list types</i>) 9.a) 9.b) 9.c) 9.d) etc	Age:.....months					
10. Any other food (<i>specify</i>):	Age:.....months					

- f) Are there any foods that are considered good or bad for small children? ☐ YES. ☐ NO.
- g) If YES, which ones and why? (*Please fill the table below*):

Foods Considered Good for Children		Foods Considered Bad for Children	
Food Item	Why Good for Children	Food Item	Why Bad for Children

- h) Any *snacks* given to the child? If Yes, give:
- i) Types of snacks:
- ii) Age when the snacks are introduced to the child's diet:months
- iii) Daily feeding frequency:times/day
- i) When does the mother stop preparing a special complementary food for the small child?: Age.....months.

- j) (i) At what age do you stop breastfeeding? : months; (ii) Who decides when to stop:
- k) How do you stop?:

15. Feeding Sick Children or Children Without Appetite:

- a) **Common childhood illnesses (e.g. diarrhoea, vomiting, fever, etc) and the types of food given to such sick children and daily feeding frequency:**
- (i) Which foods do you give to the sick child? (List these foods in column 2); and (ii) How often is the child fed?
- (iii) Which foods are avoided (fill in column 4); and (iv) Give the reasons in column 5.

Type of Sickness	Foods Given to Child	How often Child is Fed per Day	Foods Avoided	Why These Foods are Avoided	Remarks, if any
1. Diarrhoea		times/day			
2. Vomiting		times/day			
3. Fever		times/day			

16. Feeding Practices of Pregnant and Lactating Women:

- a) Which foods do you eat when pregnant or lactating and which ones do you avoid to eat and why. Fill very brief summary of answers in Columns 1-3.
- b) How many meals and snacks do you eat when pregnant or lactating per day?

State of Women	Foods Eaten	Foods Avoided	Why Foods are Avoided	No. of Daily Meals Eaten	No. of Snacks Eaten Daily	Type of Daily Snacks Eaten
Pregnancy				times/day	times/day	
Lactation				times/day	times/day	

17. General Advice on Child and Family Feeding

- a) **Information source:** Who gives the family advice on what, how and when to: (i) feed the child at different ages; (ii) good feeding practices during pregnancy and lactation; and (iii) feeding the family in general

Category of Household Member	Sources of Advice <i>(please tick ✓)</i>				
	Older Family and Community Member	Health Centre	Radio	TV	Others <i>(specify)</i>
1. Infant and Young Children					
2. Pregnancy and Lactation					
3. General Family Feeding					

b) Which of these information sources will you most likely follow and why?

Category of Household Member	Information Source You Will Most Likely Follow <i>(please tick ✓)</i>					Why
	Older Family and Community Member	Health Centre	Radio	TV	Others <i>(specify)</i>	
1. Infant and Young Children						
2. Pregnancy and Lactation						
3. General Family Feeding						

c) What advice do you usually get; and which advice does the household find easy or difficult to follow and why?

No	Advice you Usually Get	Advice Which Family can <u>Easy</u> Follow		Advice Which Is <u>Difficult</u> for the Family to Follow	
		Please Tick	Reasons Why it is Easy to Follow	Please Tick	Reasons Why it is Difficult to Follow
1					
2					
3					
4					
5					
6					
7					

18. Observations: Observe the following

- a) **Household Measures** in the house (cups, spoon, bowls) and food processing and preparation/serving equipment (this information is useful if you have to assist the mother and demonstrate how to make some of the dishes in the second home visit – the counselling visits).

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- b) **Personal Hygiene and Hygiene in and Around the House:** Give an indication of the overall hygiene situation by ticking in the appropriate column

Aspects of Personal and Family Hygiene	Give Your Opinion on Whether the Hygiene of Different Aspects of Home/Persons is Good, Fair or Poor (Please Tick ✓ in Appropriate Column)			Remarks If Any
	Good	Fair	Poor	
1. Surroundings				
2. Clothing , hands, etc				
3. House				
4. Kitchen (overall)				
5. Food: storage of cooked food (if seen)				
6. Latrine (if any)				
7. Any other (specify)				

- c) Is there a latrine?: ☐ YES. ☐ NO.
- d) Are animals living inside the house?: ☐ YES. ☐ NO.
- e) Hand Washing: If observed, does mother wash hands before handling food to cook or feed? ☐ YES. ☐ NO.
- f) If YES, how? (please tick ✓)
- ☐ In a bowl. ☐ Running water or pour water over the hands.
- g) As observed, does the mother use soap or ash when washing hands? ☐ YES. ☐ NO.